

ILLUMINATE

**EI, RESILIENCE,
TRAUMA EDUCATION
AND RTW PROGRAM**

GO FORWARD

“A program that educates participants about the impact of trauma, develops core emotional intelligence skills and reduces an individual’s RTW anxiety, improving the ability to make a successful RTW”

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www.beneficent.com.au

Illuminate

"Reduce Return to Work Anxiety"

- Recognise the physical and psychological impact of trauma on our health
- Master how to reduce the negative impact of trauma through positive psychology tools
- Learn how to manage the negative behaviours of trauma to enhance workplace relationships
- Develop the ability to adapt to change, particularly with reference to job and/or employer change

Reduce your RTW anxiety - learn about:

1

Enhancing Resilience

2

Health Benefits of Good Work

3

Pacing and Coping

4

**The power of Positive Affirmations,
Gratitude and Mindfulness**

5

Managing Persistent Pain

6

**Stepping back into Employment
- with either PIE or NE**

Illuminate

- Delivered by consultants with significant experience in workplace injury, coaching and the impact of injury on individuals and their families
- Structured to meet the clients needs
- Sessions can delivered at our Brooklyn Park, Mawson Lakes, Munno Para or Hallett Cove offices, the client's workplace or home, or can be delivered via an online medium

Service Locations

Dancorp Office
283-287 Sir Donald Bradman Drive
Brooklyn Park. SA 5032
Room 3, West Wing
Innovation House, Mawson Lakes Blvd,
Mawson Lakes, SA 5095
Cove Civic Centre
1 Ragamuffin Drive, Hallett Cove, SA, 5158

The Convent
20 Penola Rd
Mt Gambier, SA 5290

Stretton House
307 Peachey Rd
Munno Para, SA 5115

**We can offer
online delivery
at Victor
Harbor and
Wallaroo**

